

Breakfast

SFSP Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry Muffin (2 ounces) Fresh Melon Chunks – ½ cup 1% Milk – 8 fl oz	Bagel (2 ounces) with Light Cream Cheese Grapes – ½ cup 1% Milk – 8 fl oz	Honey Nut Cheerios (1 ounce or ¾ cup) Banana Slices – ½ cup 1% Milk – 8 fl oz	CN Label Chicken Biscuit (2 ounces Meat & 1oz Grain) Fresh Strawberries – ½ cup 1% Milk – 8 fl oz	Egg and Cheese (1oz each) on Toasted 1 oz English Muffin Apple Slices – ½ cup 1% Milk – 8 fl oz
Whole-Grain Pancakes (2.2 ounces or 63 grams) with Light Syrup Fresh Blueberries – ½ cup 1% Milk – 8 fl oz	Egg & Cheese Breakfast Wrap (egg-1 oz, cheese-1 oz, and 8" tortilla) Apple Slices – ½ cup 1% Milk – 8 fl oz	Turkey Sausage Patty (1oz) on a Biscuit (2 ounces) Fruit Cup – 4.2 oz cup 1% Milk – 8 fl oz	Raisin Bran Cereal (1 ounce or ¾ cup) Banana Slices – ½ cup 1% Milk - 8 fl oz	Whole-Grain French Toast Sticks (2.2 ounces or 63 grams) with Light Syrup Orange Slices – ½ cup 1% Milk - 8 fl oz

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Taco (2oz 80/20 Meat) & WG 1 oz Tortilla 3oz Black Beans 3oz corn 1% milk – 8 fl oz	100% Beef Hot Dog- 2 oz WG Bun -1 oz Baked Beans- 3 oz Whole Apple – 4oz 1% Milk- 8 fl oz	CN Cheese Pizza (2oz Meat & 1.5 grain) Tangerine Slices – 3oz Celery & Carrot sticks 3oz 1% Milk – 8 fl oz Low fat Ranch Dip	Sloppy Joes (2oz Beef WG 1.5 oz Bun) Kiwi slices – 3oz Green Beans - 3oz 1% Milk – 8 fl oz	CN Crispy Chicken (2.5 oz meat & WG Bun 1.0 oz) 100% Fruit Juice – 6 fl oz Potato Salad -2oz 1% Milk – 8 fl oz
Meat Balls – 2 oz WG Bread - 1oz Orange Slices – 3 oz French Fries – 3 oz 1% Milk – 8 fl oz	Turkey Burger – 2 oz WG Bun – 1oz Sweet Potato Fries – 3 oz Carrot Sticks- 3 oz 1% Milk- 8 fl oz Low Fat Ranch Dip	CN Chicken Nuggets- 2oz Dinner Roll- 3oz Green Beans 3oz 1% Milk – 8 fl oz	Chicken Nachos & Cheese (2 oz Meat & 1.0 WG Tortilla chips) Black Beans - 3oz 100% Grape Juice – 6 fl oz 1% Milk – 8 fl oz	Turkey Wrap (2oz Meat & WG Tortilla) Fruit cup -4.2oz Fresh Broccoli- 3.oz 1% Milk – 8 fl oz Low Fat Ranch Dip

“This institution is an equal opportunity provider”

